

Please join State Senator Lou Correa and the City of Westminster

in collaboration with the **Westminster Family Resource Center,
Abrazar, Boys and Girls Club of Westminster, Cal-Optima,
Coalition of Community Clinics of Orange County,
Kaiser, Manaserro Farms, and
Robert Flournoy: Loaves and Fishes X10**

Westminster Family Fitness Day

Saturday, July 13, 2013 • 10:00 am – 1:00 pm

Sigler Park • 7200 Plaza Street • Westminster, CA 92683

to promote fitness, physical activity and healthy living
for children and the whole family

THE PROGRAM WILL INCLUDE:

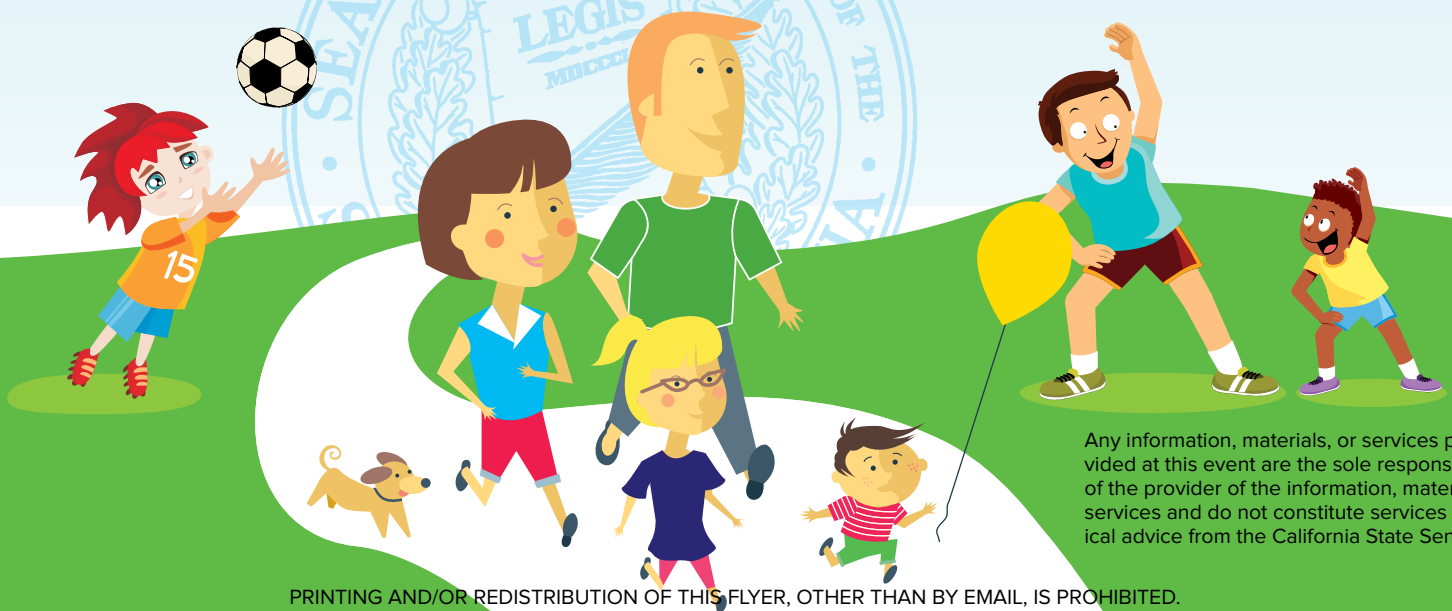
Opening remarks by Senator Lou Correa on obesity prevention and physical fitness.

Fun and free fitness activities for the whole family.

Interactive and engaging booth activities, on-stage fitness demonstrations, and healthy refreshments. Central City Community Health Center Mobile clinic will provide free adult health screenings. Healthy Smiles for Kids of Orange County will provide free dental screenings for children & YWCA of North Orange County will provide mammograms for low income women over 40 without medical insurance.

Valuable state and local resources and information from community partners on health education, obesity prevention and healthy living practices.

For more information, or to schedule a mammogram appointment, please contact Maggie Moreno at the District Office at 714-558-4400 or email at maggie.moreno@sen.ca.gov.



Any information, materials, or services provided at this event are the sole responsibility of the provider of the information, materials, or services and do not constitute services or medical advice from the California State Senate.